

Generations: Women's Health Across the Lifespan



Besides handing down stories, photos, and traditions, your family members pass on attitudes, important information, and sometimes even health conditions that can affect your health and well-being. Take time to ask your family members, including your extended family, about their health. Your family's heritage and health behavior influence how you deal with your own health. And your attitudes and behaviors, in turn, influence those of your children.

You can learn from your family members, from both their sickness and good health. At the same time, you can start new healthy traditions that you can hand down. Start learning today how you can take simple steps each day to either prevent or manage health problems to live a longer, happier life. Practice what you've learned so that you are a good role model for your children and for their children.

This year's daybook is a book for all generations of women. Inside, you will find information on many common health problems and concerns, as well as how to prevent or manage them. Don't miss the useful tools at the front of the book, such as the "How to" sections and the charts on when to get important tests.

You have the power to take care of yourself and teach future generations the value of healthy living.

**“One generation plants the trees;
another gets the shade.”**

Chinese proverb

About the Office on Women's Health (OWH) and the National Women's Health Information Center (NWHIC)



National Women's
Health Information
Center (NWHIC)

www.4woman.gov

800-994-WOMAN (9662)

TDD: 888-220-5446

What is OWH?

The Office on Women's Health (OWH) in the Department of Health and Human Services (HHS) is the government's champion and focal point for women's health issues. OWH develops and coordinates women's health services and activities across HHS. OWH works to redress inequities in research, health care services, and education that have historically placed the health of women at risk. In November 1998, OWH launched the National Women's Health Information Center (NWHIC). This book is a publication of NWHIC.

What is NWHIC?

We are the most reliable and current information resource on women's health today. We offer FREE women's health information on more than 800 topics through our call center and web site.

By phone (in both English and Spanish) or via our web site you can find:

- original health information on special topics like minority women, pregnancy, women with disabilities, breastfeeding, men's health, and much more
- thousands of health publications
- statistics on women's health
- daily news on women's health
- a calendar of women's health events and MORE!



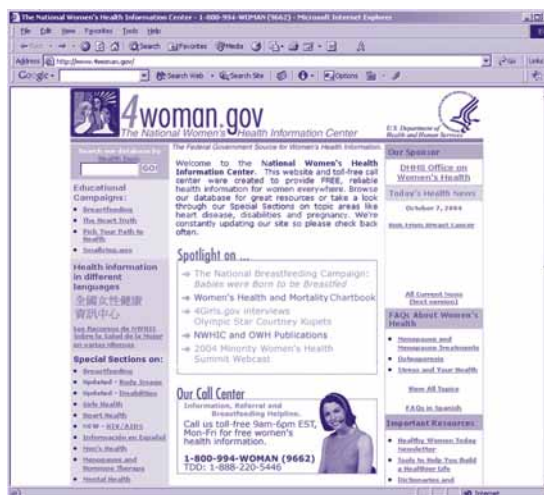
"We can help you by finding resources and materials that will answer your specific questions."

We also offer a **National Breastfeeding Helpline**! Our trained breastfeeding peer counselors can help you with your basic breastfeeding questions and concerns. If you are having a hard time, don't give up! Call us! It's free! Or visit www.4woman.gov/breastfeeding.



What's the difference between NWHIC and other women's health information services?

NWHIC is sponsored by the federal government. It is a service of the Office on Women's Health within the U.S. Department of Health and Human Services. We don't represent any special commercial interest or try to sell you anything. NWHIC is here simply to help you get the information you can trust on a wide range of women's health issues most important to you.



Visit the National Women's Health Information Center web site www.4woman.gov